



SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

Volume XXIX

NUMBER 5

June 2009

Father's Day Day Party Ride Sunday June 21 9am

Celebrate the day with Mary Anne and Bob. Ride starts at the house at 100 Chapel Woods, off Klein in East Amherst. Bring a dish and a chair.

Attention party lover's: Kathy Karnath is having a big splash on Sun June 28th **10 am**

The Can Am Century is Sunday August 16th

CanAm Update

As of today we've got 48 people registered for the 2009 CanAm. That is about twice as many as we had last year at this time. We have registered riders from Connecticut, Florida, Massachusetts, New Hampshire, Ohio, Pennsylvania, and of course New York. We are on track to sell out this year!

We are looking for a few nice door prizes to raffle off to registered riders. If you have connections to be able to obtain a nice restaurant, store or service gift certificate or other prize worthy items that we could use as a door prize please pass that to any committee member. Thank you.

Find information inside on this year's club trip



NIAGARA FRONTIER BICYCLE CLUB, INC.

We Ride Every Day



JUNE 2009 RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Difficulty	Elev	Ride Start	Start Location	Ride Leader
Sat, Jun 6	9:00 AM	169	Elma - Marilla II	34 / 29	Mod	0	Lancaster	Lancaster Opera House, side parking lot on Clark St off Central Ave near Broadway, Lancaster	Lori Harf 866-1876
Sun, Jun 7	9:00 AM	736	Swamp Thing	43 / 36 / 28	Easy	0	Akron	Russel Town Park, Clinton & Main St., Akron	Betsy Dexheimer 585-343-5172
Sun, Jun 7	9:00 AM	341	Hamburg to Collins	41 / 21	Mod	1800/750	Hamburg	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Marty Payne 997-9324
Sat, Jun 13	9:00 AM	741	War of 1812 Overlook	46 / 32	Easy	0	Lewiston	Academy Park, Center & S. 9th St. Lewiston, next to Tops	Sue Alessi 694-0853
Sat, Jun 13	7:00 AM	257	Iron Lung Century	100 / 62	XXX/XD	4500	Darien	Timberwolf Restaurant, Rt 20 & Colby/Tinkhan Rd, 1 mile east of SR 77, Darien Center	Jim Karmath 688-2968
Sun, Jun 14	10:00 AM	734	Wine Country Wanderer	33	Mod	1300	Sheridan	Merritt Winery (Take I 90 to Exit 58 & Rt. 5 South to L @ Allegany, R @ Angell and L @ Kings to Winery).	Bob Ehrheart 366-1660
Sun, Jun 14	9:00 AM	717	Indian Falls Trail	41 / 34	Mod/Easy	0	Clarence	Clarence High School, Main St. at Gunville Rd.	Karen Sprada 684 -9039
Sat, Jun 20	9:00 AM	735	Bergen Bakery Ride	44	Mod	810	Elba	Elba Central School, 57 S Main St (SR98), 4 miles north of NYS Thruway Exit 48, Elba	Liz Williams 759-8363
Sat, Jun 20	9:00 AM	302	New Saturday Sundae	41 / 37	Diff/Mod	1500/985	East Aurora	Hamlin Park (south parking lot), S Grove St	Brigitte Soltiz 937-6924
Sun, Jun 21	9:00 AM	363	Father's Day Party Ride	35 / 25	Easy	0	E Amherst	Silke's house 100 Chaple Woods, E Amherst NY, off Klein	Bob and Mary Anne Silkes 688-6246
Sat, Jun 27	9:00 AM	748	Bloody Run	44 / 36	MD/Mod	1900	Elma	Elma Meadows Park, Girdle & Rice Rds	Diane Marasciulo 984-0998
Sun, Jun 28	10:00 AM	905	Kathy's Kaper	TBD	0	0	Amherst	Richmond Lot off Frontier Rd, Ellicott Complex, SUNY at Buffalo	Jim & Kathy Karnath 688-2968
Sat, Jul 4	9:00 AM	714	Elma Meadows	34 / 27	Mod/Easy	725/635	Lancaster	Como Lake Park, Como Park Blvd., center parking lot on left between lodge and gazebo, Lancaster	Tim Cleary 807-7174
Sun, Jul 5	9:00 AM	744	Oak Orchard	48 / 38	Mod	0	Akron	Russel Town Park, Clinton & Main St., Akron	Arlene Lepie 741-2762
Sun, Jul 5	9:00 AM	336	Chicken Little	49 / 40	XD/mod	3500/1500	Orchard Park	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Marty Payne 997-9324
Sat, Jul 11	7:00 AM	368	Lake O Century	102	Diff	860	Lockport	Nelson C Goehle Marina (Wide Waters) E Market St & Coldspring Rd., Lockport	Collin Fritz 510-4893
Sat, Jul 11	9:00 AM	369	Lake O Metric & Short	62 / 35	Mod/Easy	0	Lockport	Nelson C Goehle Marina (Wide Waters) E Market St & Coldspring Rd., Lockport	Liz Williams 759-8363
Sun, Jul 12	10:00 AM	904	Tocke's Party	TBD	0	0	0	0	Mary Alice & Joe Tocke 941-5591
Sun, Jul 12	9:00 AM	747	Williston Rd	39 / 30	MD	2000/1300	Lancaster	Como Lake Park, Como Park Blvd., center parking lot on left between lodge and gazebo, Lancaster	Mike Dupre 741 -9290

Difficulty Key: Easy = Easy Mod = Moderate MD = Moderately Difficult Diff = Difficult XD = Extra Difficult XXX = Extra Extra Difficult

Party season is here. Please bring a chair, beverage, funds for the kitty and possibly a dish to share.

June-09

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
31	May	1	June	2		3		4		5		6	
East Wilson Express Marty's Payne		N. Tonawanda 9:00 AM Clarence 6:30 East Aurora 6:30		Ellicott Crk 9:00 AM N. Tonawanda 6:30 Hamburg 6:30		Orch Park 9:00AM E. Amherst 6:30 Orchard Park 6:30		Como Park 9:00 AM Pendleton 6:30 Lancaster 6:30		Clarence 9:00 AM Amherst 6:30 Elma 6:30		Elma - Marilla II TDC (non club ride)	
7		8		9		10		11		12		13	
Swamp Thing Hamburg to Collins		N. Tonawanda 9:00 AM Clarence 6:30 East Aurora 6:30		Ellicott Crk 9:00 AM N. Tonawanda 6:30 Hamburg 6:30		Orch Park 9:00AM E. Amherst 6:30 Orchard Park 6:30		Como Park 9:00 AM Pendleton 6:30 Lancaster 6:30		Clarence 9:00 AM Amherst 6:30 Elma 6:30		War of 1812 Overlook Iron Lung Century	
14		15		16		17		18		19		20	
Wine Cntry Wanderer Indian Falls Trail		N. Tonawanda 9:00 AM Clarence 6:30 East Aurora 6:30		Ellicott Crk 9:00 AM N. Tonawanda 6:30 Hamburg 6:30		Orch Park 9:00AM E. Amherst 6:30 Orchard Park 6:30		Como Park 9:00 AM Pendleton 6:30 Lancaster 6:30		Clarence 9:00 AM Amherst 6:30 Elma 6:30		Bergen Bakery Ride New Saturday Sundae	
21		22		23		24		25		26		27	
Father's Day Party		N. Tonawanda 9:00 AM Clarence 6:30 East Aurora 6:30		Ellicott Crk 9:00 AM N. Tonawanda 6:30 Hamburg 6:30		Orch Park 9:00AM E. Amherst 6:30 Orchard Park 6:30		Como Park 9:00 AM Pendleton 6:30 Lancaster 6:30		Clarence 9:00 AM Amherst 6:30 Elma 6:30		Bloody Run R4R (non club ride)	
28		29		30		1	July	2		3		4	
Kathy's Kaper		N. Tonawanda 9:00 AM Clarence 6:30 East Aurora 6:30		Ellicott Crk 9:00 AM N. Tonawanda 6:30 Hamburg 6:30		Orch Park 9:00AM E. Amherst 6:30 Orchard Park 6:30		Como Park 9:00 AM Pendleton 6:30 Lancaster 6:30		Clarence 9:00 AM Amherst 6:30 Elma 6:30		Elma Meadows	

Notice that evening rides start at 6:30 PM instead of 6 PM on May 1. Weekday morning rides start at 9:00 AM instead of 10 AM on June 1. Please arrive at the start at least 15 minutes early to sign in and get ready so all, including the ride leader, can start with the group on time.

Daily Ride Schedule

Monday AM	Wendenville Firehall, 7340 Campbell Blvd. at Tonawanda Creek Rd., N Tonawanda	Bob Alessi	694-0853
Monday PM	Community of Christ Church, 5030 Thompson Rd, Clarence	Rebecca Ribis	837-0089
Monday PM	Hamlin Park on Grove St, two blocks south of Main, second lot, East Aurora	Jim Sawyer	884-3057
Tuesday AM	Ellicott Creek Island Park, lot at Creekside Rd. and Niagara Falls Blvd., Tonawanda	Alex Setlik	692-7045
Tuesday PM	West Canal Marina on Tonawanda Creek Rd at Townline, Pendleton	Marty Viggato	570-5896
Tuesday PM	Municipal parking lot off Long Ave (opposite # 48) by fire hall & water tower, Hamburg	Matt Luly	648-8988
Wednesday AM	Municipal parking lot, S. Buffalo & E. Quaker Rds, Orchard Park	Marty Payne	997-9324
Wednesday PM	St. Mary's Church at Transit & Stahley Road, Swormsville, (Clarence)	Dennis Powell	691-6233
Wednesday PM	Municipal parking lot, S. Buffalo & E. Quaker Rds, Orchard Park	Frank Soltiz	937-6924
Thursday AM	Como Park, first parking lot on the right from the Como Park Blvd entrance, Lancaster	Dave Klock	681-5345
Thursday PM	Pendleton Town Hall, 6570 Campbell Blvd, between Bear Ridge & Beach Ridge Rds.	Jim Mathews	433-5317
Thursday PM	Lancaster High School, Forton Rd at Pleasant View, Lancaster	Ed Peters	685-1965
Friday AM	Community of Christ Church, 5030 Thompson Rd, Clarence	Lori Harf	601-7535
Friday PM	Amherst Museum, Tonawanda Creek S at New Rd, Amherst *** new this year ***	Tom Williams & team	688-2981
Friday PM	Elma Meadows Park, on Rice Road at Girdle, Elma	John Herman	675-1944
Saturday AM	Richmond Parking Lot (at Ellicott Complex) off Frontier Rd, UB N. Campus) Amherst	Marion Reslow	833-3615
Sunday AM	Erie Basin Marina, parking lot by the Hatch, Buffalo	Ian Currie	601-7390

The members riding the Saturday and Sunday rides listed here usually stop at a diner for a quick breakfast along the way. Rides starting in the south towns may be somewhat hilly, while north town rides are generally on flatter roads.

Daily Ride Start Times

Sat & Sun 'Breakfast Rides'	9:00 AM all season	
Weekday Morning Rides	10:00 AM in April, May, September and October	9:00 AM in June, July and August
Weekday Evening Rides	6:00 PM in April and September	6:30 from May through August

Official Party Rules

For members of NFBC biking is number one, followed by socializing with friends. Get together are organized by volunteers in the club who enjoy hosting parties. The host(ess) supplies the facility, main course, soft drinks, and of course, time and energy. Those who attend usually bring a dish to share, beverage of their choice, chairs and funds for the 'kitty' to help offset the expenses incurred by the host(ess).

The Spokesman Deadline is the 15th of the month preceding the month in which the information is to appear.

Sue Williams is our sunshine committee chairperson. Contact her at 688-2981 when a member needs some sun.

Jim Vozga is our club historian. He will be keeping our old memorabilia safe and organized.

OFFICERS AND BOARD MEMBERS

Officers

President
Lincoln Blaisdell (479-9431)
4715 Ransom Road
Clarence, NY 14031
linc43@roadrunner.com

Vice-President

Jean Frederick (692-3611)
588 Sweeney Street
North Tonawanda, NY 14120
jeanbike1@msn.com

Secretary

Dennis Powell (691-6233)
1031 Tonawanda Creek Road
Amherst, NY 14228
powelldj@roadrunner.com

Treasurer

Kathy Karnath (688-2968)
159 Wyeth Drive
Getzville, NY 14068
kkarnath@seagatealliance.com

Board Members

Ian Currie (601-7390)
162 Nichter Road
Lancaster, NY 14086
ian63@roadrunner.com

Brenda Fischer (683-3961)
11 Lake Forest Parkway
Lancaster, NY 14086
bfischer@moog.com

John Herman (675-1944)
317 Forest Drive
West Seneca, NY 14224
nikelee816@aol.com

Ron Wakefield (877-2140)
P.O. Box 237
Kenmore, NY 14217
ron.wakefield@verizon.net

Liz Williams (759-8353)
4614 Hampstead Drive
Clarence, NY 14031
brightbluesky9@aol.com

Spokesman Editor

Bob Mahaney (208-1633)
103 Wilbury Place
Buffalo, NY 14216
rmahaney@austinair.com

Membership Chairperson
Roy Tocha (627-7946)
11 North Eaglecrest Drive
Hamburg, NY 14075
rrtocha@yahoo.com

Club Historian

Jim Vozga (741-9440)
5830 Strickler Road
Clarence, NY 14031
voz@aol.com

NFBC Trip to Saratoga 15th - 20th of July

The format has changed: there will be only one option--5 nights, Wednesday to Monday. We'll still have all the fun, thrills and excitement of days gone past. New this year is the Creamed Brandy Social. What else? One does like surprises.

If you pay early, there will be a discount. So hurry: fill out the application and mail it with your full payment today.

The price per person 2 to a room is \$290.00, but before the 15th of May only \$275.00. The price per person 1 to a room is \$525.00, but before the 15th of May only \$500.00.

Mail the application & check to: Richard Lepie, 9325 Hunting Valley Rd North, Clarence, NY 14031 (716) 741-2762 Richard_suntreader@hotmail.com

Cancellation Fees: before 15 May -- none; after 15 May -- \$100.00 per person; after 15 June -- \$150.00 per person; after 01 July -- \$250.00. Double fee for single room. If you find a substitute to take your space, there is no fee before 01 July.

NFBC CLUB TRIP - SARATOGA, NY 15TH TO 20TH OF JULY 2009

NAME: _____ ROOMMATE: _____

NFBC NO: _____ NFBC NO: _____

ADDRESS: _____ ADDRESS: _____

Phone: _____ Cell: _____ Phone: _____ Cell: _____

E-MAIL: _____ E-MAIL: _____

Check payable to Richard Lepie .

Early bird: \$275.00 per person double (\$550.00 Total) \$500.00 single Late bird: \$290.00
per person double (\$580.00 Total) \$525.00 single

If your roommate intends to file a separate application, fill in his or her name only. Both checks and applications must be received for the space to be reserved.

2009 Club Trips

WORLD_WIDE_BIKE TOURS BY NFBC

Denver, Colorado 18-23 Jun Fly to Denver. Stay in the heart of the Rocky Mountains for four days of biking. Also great opportunities for hiking and white water thrills. The days are long, sunny, and pleasantly warm. Cost \$600.00 per person double. For more information or to reserve a place call Richard Lepie at 716-741-2762 or e-mail Richard_Suntreader@hotmail.com

Vietnam 04 -22 November

NFBC's most adventurous expedition ever. A biking and cultural experience not to be missed. Fly to Hanoi, the Paris of the Orient. Cruise Halong Bay. Experience the Reunification Express. Explore the old capital of Hue. Spelunking the Cu Chi tunnels. Party in Hi Chi Mihn City. Most importantly cycle some of the most interesting routes anywhere in the world.

Price from New York City includes air fare, all transportation in Vietnam, bikes, hotels, most meals, sag support, local guide etc. \$3350.00 per person double.

The US dollar is strong, but for how long? Price can vary if currency changes. \$1500.00 deposit guarantees the price. Reserve your place now. Call Richard Lepie 716-741-2762 or e-mail Richard_Suntreader@hotmail for detail.

Karnath's Big Splash

A new party has been added to the schedule. In addition to the usual BYOB, chair and dish to pass, folks can bring a bathing suit and towel as we have a spa and pool. If Jim cooperates, the volleyball net will be up and if he doesn't there will be bocce ball! My plan is to serve BBQ ribs! The address is 159 Wyeth Drive. From the Richmond Parking lot members should go right out of the parking lot, make a left onto Audubon and right onto North Forest. Cross Millersport Hwy and make the first left onto Stahl Road and then the first right onto Wyeth Drive. Come on over and let's party on Sunday, June 28!

For Sale

TREK Bike 1100 medium size and lots of bike essentials for sale. Give me a call: Brigitte Bachman, 836-7489 Thanks

NIAGARA FRONTIER BICYCLE CLUB MEMBERSHIP APPLICATION

NFBC/LAB RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

In consideration of being permitted to participate in any way in the NFBC sponsored bicycling activity, I for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree and represent that I understand the nature of this bicycling activity and that I am qualified, in good health, and in proper physical condition to participate in such activity. I further acknowledge that the activity will be conducted over public roads and facilities open to the public during the activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.

2. FULLY UNDERSTAND that: (a) bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death; (b) these risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the activity, the condition in which the activity takes place, or the negligence of the releasees named below; (c) there may be other risks and social and economic losses whether not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in this activity.

3. HEREBY RELEASE, discharge, and covenant not to sue the NFBC, the LAB, their respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the activity takes place, from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement I, or anyone on my behalf, makes a claim against any of the releasees, I will indemnify, save, and hold harmless each of the releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT. FURTHERMORE, I HAVE ALSO READ AND UNDERSTAND THE RESPONSIBILITIES OF A RIDER. (See below).

Name

Address Address Change? Yes No

City State Zip Code Phone Cell

Email1 Email2 Email Change? Yes No

We will distribute a list of our members' email addresses, home addresses and phone numbers to NFBC club members and to local bike shops, unless you check the following spaces: NFBC NO LOCAL BIKE CLUBS NO

Primary Member/Guardian	Signature	Date		Member No.
Additional Members:			Birthdate (if under 18)	

Family Membership includes any two adults and their children under the age of 18, living at the same address.

Membership	Emailed Newsletter	Postal Newsletter
Individual	<input type="checkbox"/> \$20.00	<input type="checkbox"/> \$25.00
Family	<input type="checkbox"/> \$30.00	<input type="checkbox"/> \$35.00
Map Packet CD	<input type="checkbox"/> \$5.00	<input type="checkbox"/> \$5.00
TOTAL	\$	\$
Status	<input type="checkbox"/> New	<input type="checkbox"/> Renewing

Send check (payable to NFBC) along with signed application to:

NFBC Inc.
 c/o Roy R. Tocha
 11 N. Eaglecrest Dr.
 Hamburg, NY 14075-1807

In the interest of safety on the road for members of the NFBC, all riders and guests must acknowledge having read and understood the "Duties of Riders of the NFBC" statement by signing it before participating in any NFBC-sponsored ride.

Duties of Riders of the NFBC By becoming a member of the NFBC, all riders represent they have the knowledge and skills necessary to minimize the risk of injury in the sport of cycling. Riders shall have the following additional duties to enable them to make informed decisions while participating in the sport of bicycling:

- Riders must obey New York State vehicle and traffic laws. Riders are governed by the same laws as motor vehicles. Riding in an NFBC group does not give riders the right to run stop signs or traffic signals.
- All riders must wear a Snell or ANSI approved bicycle helmet.
- Riders should not ride beyond their limits or their ability to cope with variations in road conditions (wetness, gravel, ice, snow, potholes, etc.).
- Riders must remain in constant control of speed and direction at all times so as to avoid contact with obstacles and with other riders.
- Riders should familiarize themselves with verbal and posted information before riding the route. The NFBC ride facilitators do not represent the route as free of hazards to bicyclists.
- Riders must not overtake another rider in such a manner as to cause contact with the rider being overtaken.
- Riders make certain there is adequate safe space between themselves and the rider in front.
- Riders should communicate with other riders by calling out and announcing the following:
 - "Car Back"- warning riders in front of them that there is a car approaching from the rear and signaling to single up. It is important to pass this information along the line of riders
 - "Car Up"- warning the group that a car is approaching from the front. It is important to pass the word back.
 - "Single Up"- telling the group that riders need to be riding single file
 - "Car Left or Right"- warning riders at intersections or other places that a car might enter the path
 - "Walker or Runner Up"- warning riders there is someone on foot on the riders' side of the road.
 - "Tracks"- warning riders about railroad tracks. Riders should cross at right angles to the rails.
 - "Road Kill"- warning riders there is a dead animal in their path.
 - "Hole(s)"- warning riders about dangerous breaks in the pavement. Sometimes riders may just point down to show that something is there instead of calling out the warning.
 - "Stopping or Slowing"- warning riders of a change in speed. This may be done with a hand signal, but a call helps to avoid a problem.
 - "On Your Left or Right"- warning riders that someone is passing. Riders should always pass on the left, but if they find themselves on the right, they should announce they are passing on the right.

Cycling Shorts

Looking Behind

What's the matter? Coach Fred still has nightmares. The closest thing to a fatal crash he ever saw happened at about 8 mph (13 kph). He was on the long ascent of Red Mountain Pass south of his Colorado home. The highway there is carved from the cliffs and is famous for its frightening curves and sheer drops. There are few guardrails because they make it difficult for plows to push snow over the edge.

Fred was climbing above Black Bear Falls where there's a substantial cliff on the road's right side. He began catching a rider, who sensed him coming. The rider turned to look back. That made his bike veer onto a foot-wide shoulder composed of down-sloping, loose gravel -- and then a sheer drop of 300 feet (91 meters).

The bike skidded. The front wheel actually dropped over the edge. The rider panicked and pulled out his left foot with a mighty lurch, just in time to stop his slide into the abyss. He ended up lying on the very edge of the road with his legs and most of his bike hanging in space.

Come to think of it, the Coach isn't the only one who still shudders about that incident.

Here's help: The reason most riders swerve when looking behind is that they keep both arms straight. As a result, turning their shoulders to glance back also turns the handlebar. This is dangerous when you're riding next to a cliff but also when you're in traffic or with other riders. Swerving can thrust you into a car's path or take down your riding buddies. >>>[SOS](#)

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Rainy Ride Concerns, Pt. 2

How water gets into frames, the harm it can cause and what to do about it.

Water collecting inside the bottom bracket doesn't happen to all bikes, but if it happens to yours it should focus your attention.

For example, after RBR [Premium Site](#) writer **Les Woodland** got a new frame it rained during his first few rides. One day as he moved the bike he heard a sloshing sound. He pulled the seatpost, turned the bike upside down and collected more than half-a-cup of water.

Les is lucky in the sense that his frame is carbon. At greater risk are steel frames that have bare, unprotected metal on the inside. Left unchecked, rust can actually eat a steel frame from the inside out.

While some modern steel alloys resist corrosion, I still wouldn't take a chance. It makes sense to protect a frame from internal moisture, even the light amount formed through condensation. The best way is by "undercoating" the inside of the tubes with a metal protector. There's one specially made for bikes, J.P. Weigle's [Frame Saver](#).

For non-ferrous frames -- carbon, aluminum, titanium -- you don't have to worry about tubes rusting, but water is still a concern if the bottom bracket includes steel parts or has exposed bearings. Leaving them under water could ruin them. Plus, only a cup of water will add 235 grams to your bike. Can't have that!

Roy's Membership Update

NFBC now has about 425 members.

There are 81 new members.

312 Households, 82 families, 230 Individuals, 87 mailed
Spokesman

Welcome this month's new members; Dave Barth, Richard Gerber, Aaron Stirling, Christopher Puchalski, Leslie Zemsky, Charles Goodrich, Ben Kaminski, Sandra Kaminski, Don Kirst, Andrew Moynihan, Julie Przybylak, Thomas Przybylak, Linda Snell, Sherryl Weems, Merridy Knips, Richard Reinhold, Helen Doemland, Max Walker

I should e-mail out a membership list by June 21th. It will have your name, address, phone number and e-mail address in it unless you have requested to not be included.

If you have something of interest to our members, e-mail your information to RRTOCHA@YAHOO.COM. I will get it out to the members on the Web, upon Board approval.

Worth Mentioning

Kudos to Brenda Fischer who was selected to co-lead the Ride For Missing Children, alongside Pastor Pat Hilkey on May 8th. The pole position is no easy task as this police escorted ride is strictly a two by two formation that runs on a tight schedule over the hundred mile course with the only stops at designated schools. Brenda got us there on time all day long. Nice Job!!!!

Tax deductions for the purchase of bikes and accessories may be coming. U.S. lawmakers have introduced the Personal Health Investment Today Act of 2009 (H.R. 2105) in the House of Representatives. The bill calls for deductions of up to \$1,000 per year for expenses used to stay physically fit and active. Qualifying would be health club memberships, personal instruction and some equipment used for exercise, probably including bicycles. The impetus for the bill is a World Health Organization study that says a \$1 investment in physical activity would reduce medical expenses by \$3.20 in the U.S., and 2 out of 5 Americans

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852-6838



716-835-0334

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(Corner of Englewood & Starin)

E-Mail: handlebarscc@aol.com Website: handlebarscc.com

Tom's Pro Bike

3687 Walden Ave.
Lancaster, NY 14086



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